



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit
Grow A New Body 10-Day Detox Group Guidance Program Schedule

August 21– 30, 2023

July 31st, Monday	Complimentary 3 Week Prep Course – Newsletter Emails sent 7/31/23, 8/7/23 & 8/14/23	
Aug 11th, Friday	<u>Deadline to order food from Green's</u>	12 Midnight
Aug 17th, Thursday	Group Zoom Kickoff Meeting	5:30-6:30 PM
	(Meeting link will be sent via email that morning, time may be adjusted to accommodate group as much as possible.)	
Aug 17-20th	Set Yourself Up for Success Preparation	ongoing
Thurs-Sunday	Grocery Shopping & Cooking	
Daily	'What to Expect' email message will come each afternoon/evening for the following day	
Aug 20th, Sunday	First food pick-up day at Gather	4-5:30 PM
	(If ordered from Green's Underground Kitchen)	
Aug 21st, Monday	<u>First official day of the 10-Day Detox!!!</u>	
Aug 23rd, Wed	Second food pick up day at Gather	4-5:30 PM
Aug 26th, Sat	Third food pick up day at Gather	4-5:30 PM
Aug 29th, Tues	Final food pick-up day at Gather	4-5:30 PM
	Includes halibut dinner!	
Aug 30th, Wed	GNB 10-Day Detox Zoom Wrap-up Meeting	5:30-6:30 PM
(Meeting link will be sent via email that morning)		
	How to move forward successfully after the detox.	
	Celebration of Program Completion!!!	

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Dear Optimal Health Seeker,

I am excited and honored to be sharing in your journey to Optimal Health! Thank you for allowing me the privilege of guiding you through the Grow A New Body 10-Day Detox Program. This program has been instrumental the last few years in helping me to create Optimal Health, getting off four prescriptions, shedding toxins, and clearing up brain fog, with the added bonus of losing 40 pounds!!! I have been doing this program 3-4 times per year for 4+ years now. While 10 days may not change your entire life, regular detoxing and clean eating can. It is my goal that you will find some, if not even better, benefits than I.

There is a lot of information here. I tried to keep it as simple and straightforward as possible. All the information you need to cook the detox food yourself is included: recipes, meal plan, copy of the book. In addition, there is the option to purchase the food prepared from Green's. More info on the Green's Food Ordering Instructions page. Please reach out if you have questions on this.

We will start with a Zoom meeting to introduce you to the program. I want to encourage you to do everything you can to set yourself up for success. That may mean getting the coffee pot off the kitchen counter (me lol!) or ridding your kitchen of any temptations, especially sugar. I put my bedtime supplements on my bedside table when I take my morning supplements. This helps me to remember to take them at night before bed. If that means packing up juice, broth, and salad lunch the night before, then do it. If it means limiting social time for 10 days to avoid alcohol temptation, then do it.

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Each evening I will send you a text message of what to expect for the next day of the program. Though this can vary depending on how compliant you are with the program and how much toxic load you are carrying, the process is generally the same for most people.

The 'What to Expect Daily' messages will be sent to the group by email. In addition, I will set up a group text chat. I want to encourage everyone to use this text chat stream to share your experiences, challenges, triumphs, symptoms, etc., good or bad, as we go through the process together. You can ask questions of me or others and share any tips or ideas you may have found helpful. For example, a participant suggested a blood orange and club soda mocktail, served in a wineglass, to get over that Friday night hump! She sent a beautiful picture of it in front of her fireplace. We all tried it and loved it!

Please do not hesitate to reach out at any time. I am available throughout the program by text or phone to answer questions, brainstorm solutions to challenges, help you learn to modify recipes to your liking, encourage and support you in staying on track, and to celebrate your success!

I have learned lots of ways of making this program work. While this program is not meant to be legalistic (for example, you don't have to measure to a 't' or you're welcome to switch the days you eat your meals, or adjust your fasting hours to better suit your schedule), it is important to remember that your success is dependent on your compliance with the program; both with the meals and supplements, as they work together in the detoxification process. It's 10 days, you owe it to yourself. You've invested in you, now follow through. Your body, mind and Spirit will thank you for it!!!

In Optimal Health,

Angela Burge Medicine Woman


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Optimal Health Guidance for GNB 10 Day Detox Program

\$175pp

Program Includes*:**

- **3-Week Prep Course:** *This new edition of the program is designed to prepare you for maximum results. Weekly e-mail with daily mindfulness exercises and practical steps to take to help clear any obstacles to a successful detox.* +
- **Group Zoom Meetings (2):** *Kick-Off Meeting is an orientation, complete instructions on the program, and intention setting. This is your opportunity to set yourself up for success, ask questions, and meet your fellow detoxers! The Wrap-up meeting is an opportunity to share our experiences, strategize a game plan for moving forward, and celebrate our success!*
- **Book — Grow a New Body: How Spirit and Power Plant Nutrients Can Transform Your Health!** By Alberto Villoldo
- **Set Yourself Up for Success Game Plan with prep Ahead Tips & Tricks**
- **Creating Your Contract of Intention:** *Connecting with your Why*
- **At-a-Glance Eating Schedule**
- **Daily Detailed Meal & Supplement Plan & All Recipes**
- **Supplements** – *Filled daily pill box, instructions, and product information (Additional Cost ***10-day supply ~\$250 or full bottles ~\$550).*
- **'What to Expect' Daily** – *Optimal Health Guidance text/email messages, group chat and interaction*
- **Text Access** to Angela for questions & concerns throughout this 10-day program
- **Access to purchase all the detox food for the 10 days fully prepared***by Green's using local organic ingredients.** *(Cost ~\$525 pp, pick up at GATHER, 2424 McHenry Ave, 4PM- 5:30PM, every few days for freshness throughout the program, see schedule.) Of course, you may always cook and prepare your own food! Or pick & choose. (See enclosed food ordering instructions included in your packet.)*

*****Food and supplement costs are additional — prices are subject to change.**

"The new manifesto for body & soul" — **Mark Hyman, M.D.**, author of the number-one New York Times bestseller "The Blood Sugar Solution: 10-Day Detox Program".

"Within these pages are the keys that unlock our vast potential to be happy, healthy, full of joy" — **Christiane Northrup, M.D.**, New York Times bestselling author.


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This program is not intended as medical advice. Always check with your health care provider before starting any type of cleanse, detox, exercise, or health improvement program. NOTE: Do NOT do this program if you are pregnant or nursing, if you have cancer, a heart condition, or any bowel disease. Consult with your doctor before starting this program.

Detoxing is one great practice toward achieving optimal health. I invite you to explore additional aspects of your healing to enhance your results!

Program may be done remotely. Program is respectful of all religions and no religion. Food can be shipped. Shipping costs extra.

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Overview of Grow A New Body Program by Alberto Villodo

(taken from FWS Light Body School Certification program)

From the time we're in the womb we suffer ongoing free radical damage to mitochondria, the fuel factories in our cells. This damage begins with our mother's diet, and builds up from environmental toxins, pesticides, and stress until it manifests as disease.

By middle age, our ability to produce clean-burning fuel diminishes. And free radical damage leads to premature ageing and damage to our brain cells. When we cross a threshold of mitochondrial injury, illness, fatigue, and brain fog become perversely difficult to cure or even manage.

Cancer, diabetes, heart disease, Alzheimer's, Parkinson's, and all degenerative diseases of the brain have in common free-radical damage and mitochondrial breakdown.

When our mitochondria are strong, we switch on the genes that produce health. When they are weakened, they trigger premature cell suicide or apoptosis. As a result, ageing is accelerated, we become dis-stressed and live in a brain fog, and our health is compromised.

We've discovered that you can begin to repair your brain and to heal your body by re activating your cellular detox and free-radical scavenging systems that have shut down with age, and turn on your health and longevity proteins (Sirt1 genes).

Detoxifying nutraceuticals including antioxidant and mitochondrial repair formulas clear away the brain fog, relieve cellular stress, and bring you increased clarity and energy.

In 10 days you will restart detox systems that have been shut down for many years, the brain-fog will clear, and you will begin the journey to recover your health. You will learn to work with the foods and nutrients that repair the brain, regulate cellular energy production, and reverse the damage done by free radicals and oxidative stress.

Participants in this program report an average of 70% of their symptoms disappearing within the 10 days of the program.

Use the biology of detoxification, working with nutraceuticals and the foods that repair and upgrade the brain, to switch on the longevity genes through the use of super-foods and plant nutrients.

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Reading Resources

- *Grow A New Body: How Spirit and Power Plant NUTRIENTS can Transform Your Health* by Alberto Villoldo
- *Grain Brain: The Surprising Truth About Wheat, Carbs and Sugar – Your Brain’s Silent Killers* by David Perlmutter
- *Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life* by Nora T. Gedgaudas

Viewing Resources

- Mark Hyman, MD – Fatty Liver is More Dangerous than You Might Realize. Here’s How to Heal It - <https://www.youtube.com/watch?v=6oOHSYt6l1c>
- Nora Gedgaudas – Primal Fat Burner - <https://www.youtube.com/watch?v=RVhBOgLO58>
- Dr. Eric Berg – What is Ketosis? - <https://www.youtube.com/watch?v=s5w-PyeJOrs>
- Dr. Eric Berg – Is Ketosis Safe Long Term? - <https://www.youtube.com/watch?v=5vloHR7J24I>
- 10 Day Detox Diet Recipes – Dr. Mark Hyman Detox Smoothie - <https://www.youtube.com/watch?v=w4cVkJp8Kp0>



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Creating Your Contract of Intention

Complete this exercise prior to our Zoom Kick-off Meeting. Bring, candle & lighter, fireproof bowl or pan, *Contract of Intention*, and list of hindrances with you to our Zoom Kickoff Meeting.

Intention setting is like **goal setting with a conscious or spiritual connection**. When we feel something 'in our bones', it is our intuition or conscious connection, our God, Spirit, or higher self, speaking to us.

I invite you to take a few moments to **connect with that part of yourself**. Take a few deep long breaths and center yourself. As you do so, connect with your motivation/inspiration for doing this program. This is **your 'Why'** for doing the program. Allow spirit to be your guide. Listen.

Next, create a **Contract of Intention** by writing out your goals for successful completion of the program. Be sure to include any inspiration or motivation that speaks to you personally. Be specific.

This is your contract with yourself. I invite you to **decorate it** however it feels good to you. I like to use colorful markers and fancy writing, sometimes adding feathers, sequins, moss, sticks, flower petals or other adornments. Put this in a safe place and bring to Zoom Kick-off Meeting.

Next, take a moment to **connect with anything holding energy, and thus power, to sabotage your success**, including any stories you tell yourself or you have been told by others. 'I don't have time', 'I can't afford it', 'It won't work for me anyway', 'I never follow through'. Make a list to bring to the Zoom Kick-off Meeting. Be honest. This is only for your eyes to be destroyed at our meeting.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit **Grow A New Body: Set Yourself Up for Success**

You are about to embark on a lifechanging epic journey!!! In order to Set Yourself Up for Success on the Grow A New Body 10-Day Detox Program, please carefully read through the following prep-ahead tips & tricks.

Read the book! Or at least the parts of it most calling to you. Complete the health questionnaire on page 235 in the back of the book. Very helpful to review after the program. You are investing in yourself, and you are worth the effort! You are basically rewiring your health, the science and spiritually behind it are fascinating.

Create your Contract of Intention with Yourself – the ‘Why’ of your Journey - see separate instructions and refer to your journal for those who completed the 3 Week Prep Course.

Clean out pantry and refrigerator of anything likely to tempt you especially sugar, gluten and simple carbohydrates, any processed/packaged/boxed foods, dairy, caffeine and alcohol. Even if it is something you are going to use after the detox, get it out of sight, out of mind. I would encourage you to think carefully about what you keep. This is a lifelong journey of adopting and adapting to healthier ways of living. You cannot change habits for 10 days or even 60-90 days and expect to go back to your old lifestyle habits and not lose the ground you have gained. The goal is to achieve long-term lasting Optimal Health.

If You are Cooking...

Shop on your ‘Thursday or Friday’ before the starting the detox. Start with a Costco run as they have a lot of good organic vegetables and fruits these days. The remainder of what I need I get at Sprouts.

Plan to **cook ahead on your ‘Saturday or Sunday’, maybe both,** depending on how much time you have during the week to cook or alternatively pre-order from Underground Kitchen.

I have found that **making enough green juice for the week at one time** is essential for us staying on track. We keep a large glass pitcher in the refrigerator. I love mine in an insulated cup over ice, with a straw. If it tastes too green for you, add a bit more apple or cucumber juice. You will be surprised at how your tastebuds change! Ideally, juice every day for maximum effectiveness, but once a week works well for us. Add broccoli microgreens, broccoli sprouts, dandelion greens and/or nettle to your juice every week. Super immune building and loaded with food medicine. You will not be able to taste the difference. These are also great to add to salads.


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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit



Prepare morning broth on your 'weekend' before you start as well. This way it is prepared for Day 1. We keep a large glass pitcher in the refrigerator ready to pour. It is really soothing and nurturing, and with the added MCT and coconut oil adds incredible brain clarity and staying power. MCT and coconut oil are rocket fuel for your brain. Start with ½ tbsp. of MCT oil and work up as your digestion adjusts. Usually by Day 3, I am taking the full amount. I heat mine, add the oils, and put in my short yeti to drink at my desk. This way it is ready for me. MCT & coconut oil can also be blended into green smoothie, or stir into green juice, or just taken as a shot to get it over with!



Drink the optional green smoothie if feeling hungry at all (especially men) or if you have any issues with constipation, as the smoothie is full of fiber. It is helpful to make large batches of smoothies and pour them into protein shakers, so they are ready to grab and go. I would make these about twice during the week for freshness. Most days I do not have the optional green smoothie, but my appetite is much, much smaller than it used to be. Can also drink in the afternoon if hungry for a snack. If you do not drink them, you can freeze in the jar for later use.

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Make a large salad for your lunches on your 'Sunday' or the day before you start. Then prep another big salad about midweek for the rest of the week. (All recipes for daily menu are in this binder.) Use a variety of greens including kale, spinach, arugula, butter lettuce, romaine, broccoli sprouts, microgreens, dandelion, and nettle. Chop fresh herbs to put in your salad. Parsley, dill, oregano, mint, cilantro are all delicious in green salad and add extra plant medicine. **Fresh herbs have potent phytonutrients.** Chop them and add to everything. Better yet, plant a fresh herb garden and use it daily. Don't forget to prepare your salad dressings for the week: **Salad Dressing Recipes** included. Finish your salad with a generous sprinkling of our **Crunchy Salad Topper and avocado**. This adds a delicious crunch and lots of good fat and nutrition. It is also great on soups!



Soups and broth can be frozen. We make extra and freeze in glass jars. Then we have an easier time of the cooking the next time we do the detox.

Feel free to add extra spices, jalapenos, or other heat to taste.

If you don't care for one of the menu items, substitute with a recipe with similar ingredients.

For example, we did not care for the avocado soup (odd because I love avocados). I'm not wild about cold soups. Instead, we made anti-aging asparagus soup from Mark Hyman's, 'Food What the Heck Should I Cook?' this recipe has lots of coconut milk in it for the good fat (replacing the

avocados). Please reach out if you need help substituting any foods.

All of these recipes with detailed instructions are included in your packet.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit Greens' Food Ordering Instructions & Clarifications

Grow A New Body 10-Day Detox

The purpose of this document is to clarify a few things for those who are ordering their detox food from Green's. **If you have decided to order all or some of your food from Green's, you will need to place your order at Green's <https://undergroundkitchen.net/on-the-menu/> by midnight on Friday, August 11, 2023.** I seriously ask you to consider purchasing the Complete food kit as it really is an amazing treat to be able to focus on your health and compliance, rather than spending all your time cooking, shopping & cleaning up! There are lots of specialty ingredients which Green's does an amazing job of sourcing for us when they have the orders soon enough!

All food ordered for the detox program will be available for pick up at Gather on the set schedule you will find in your packet. The website at undergroundkitchen.net will force you to pick a date, pick any date, and add a note – picking on GNB 10-Day Detox schedule at Gather (see screenshots below).



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If ordering a la carte, I suggest going through the At-A-Glance Daily Schedules to decide which items you wish to make and which you will order. Keep in mind if you are ordering green juice for example, you will need to order a quantity of 10 to have enough for the whole program.

There is also the option to purchase just the Pantry Box this time. It includes everything except the meals (see below) for those who wish to cook the meals only.

Be sure to select either, Complete Food for 10-Day Detox (pic of wooden box with produce, scroll down to find), Detox Pantry Box (pic of multiple items), or the a la carte items you want. Please reach out with any food ordering questions and I will be happy to help!

The first food pick-up at Gather is Pantry Box Day. You will receive all your nonperishable items packaged in bulk on that day, along with the fresh food for Days 1-3. Each subsequent pick-up day will include the next 3 days' worth of fresh food, except for the final pick-up on Tuesday 8/29th. On the 29th, you will receive your meals for Day 10, Wednesday August 30th!

Pantry Box Day will include all lemons for lemon water, coconut oil, morning broth, smoothies, salad dressings, crunchy salad topper, trail mix, hummus, tapenade, and avocados for the entire 10 days. Serving size is communicated in the At-A- Glance Daily schedules for your convenience. Please take note of serving size so that you will have enough for the whole program.

Smoothies and morning broth may be frozen when received and pulled out each day. I will remind you!

You may use the salad dressings interchangeably, but you will receive enough of each dressing for two salads. If you like one better than the others, you may run out, need to make, or order, more before the end of program.

Food pick-up schedule is in your packet!

If you are having trouble getting to Gather to pick up food, please reach out to me by text as soon as possible and I will grab it for you.

Please remember to return your jars to Gather for reuse!

Reach out if I can help in any way!



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit
Supplement Instructions for Grow A New Body Program

The number of capsules that one is directed to take is based on the product in parenthesis, when purchased from ABMW. If you are using other products, please take as many pills as is needed to meet the recommended amount per day.

Morning:

Upon waking, drink 8 oz. warm lemon water before anything else. I add fresh sliced ginger as well.

Glutathione: ~1000-1200g/day. Take 3 capsules on an empty stomach first thing in AM. (Pure Encapsulations 375mg, 30 pills pp)

Take with 8 am green juice:

Adenosyl Hydroxy B12: 2000mcg/day. Take 2 full droppers of liquid B12 under tongue. (Pure Encapsulations B12 liquid (1000mcg per serving), bottle contains 30,000mcg. (Need 2000mg x 10 days=20,000 mg pp).

Vitamin C: 2000mg/day. Take 2 capsules. (Pure Encapsulations 1000mg, 20 pills pp)

Vitamin D3: Take 5000 IU/day. Take 1 capsule. (Pure Encapsulations 5000IU, 10 pills pp)

Zinc: 30 mg/day. Take 1 capsule of Zinc. (Pure Encapsulations 30 mg, 10 pills pp)

Curcumin (Turmeric): 1000mg/day. Take 2 capsules of Curcumin in liposomal form. (Pure Encapsulations 500 mg, 20 pills pp)

Resveratrol: 600 mg/day. Take 3 Capsules Resveratrol. (Douglas Labs Resveratrol 200mg, 30 pills pp)

(Nrf2) Sulforaphane: 250 mg/day. Take 1 capsule per day. (Pure Encapsulations 250mg, 10 pills pp)

Probiotics: Take a good quality active viable probiotic. Take as instructed. If taking Genestra HMF Travel or Pure Encapsulations Probiotic 5. Take 2 capsules daily.

If possible, open capsules into room temperature water for 10 minutes and then drink your probiotics. This will allow more of these living organisms to survive in your gut by rehydrating them in water. When probiotics rehydrate in stomach acid, many do not survive. Also, you can learn to make your own recipe for *S. Boulardii* probiotic included in the book. (Much cheaper!)

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Coconut oil + MCT Oil: ½-1 tbsp. each with food in morning and evening. Start with ½ tbsp. to see how you feel and work up to 1 tbsp. of each by day 3. Start with the lesser amount and increase to avoid gastric upset. I put this in my morning broth at ~10 AM. It helps give staying power avoiding hunger until 1 or 2 PM, and it fires up my brain for work. I use organic Genestra MCT oil or Douglas Labs. Lately when these products are on backorder, I use Sprout's organic MCT oil. I buy Kirkland organic virgin coconut oil at Costco (~10 Tbsp pp morning + 10 Tbsp in evening meal= 20 Tbsp total for the week).

This is the good fat!!!! Remember your brain is made up of mostly fat.

Evening: Take two hours after dinner or at bedtime.

Alpha-Lipoic acid: 600 mg/day. Take 1 capsule per day. (Pure Encapsulations Alpha Lipoic Acid 600mg, 10 pills pp)

Magnesium Citrate: 300-500mg/day. Take 2-3 capsules per day. (Pure Encapsulations (150mg), 30 pills pp) If you tend to be constipated you will need to take toward the higher end and may need more. Magnesium citrate assists the toxins in exiting your body through your bowel movements. **It is an important part of the program.** Remember you are releasing toxins from your body, but they must exit the body to not be re-absorbed. It is also great for relaxing muscles and aiding in good sleep.

Coconut and MCT Oil: Take ½-1 tbsp. of each with food in the PM. Work up to 1 tbsp. of each by day 3 or so. I usually incorporate this into my cooking in the evening.

Notes:

- Do **NOT** take your normal daily supplements while doing the Grow A New Body Program
- If following the 10-day detox, take the above supplements for 10 days.
- If following a 30 day detox, take supplements for 1 week on, 1 week off, 1 week on, 1 week off. Follow the eating program on the 'on' weeks and as much as possible generally.

Adapted from *Grow A New Body: How Spirit and Power Plant Nutrients Can Transform Your Health*, by Alberto Villoldo.

Supplements can have interactions with other medication as can detoxing. This is in no way intended as medical advice nor does Angela Burge Medicine Woman make any claims to provide medical care. Always consult with your health care provider before starting any type of cleanse, detox, exercise, or other health improvement plan. Do not take if nursing, pregnant, have cancer, or other serious disease for which you are undergoing medical care.

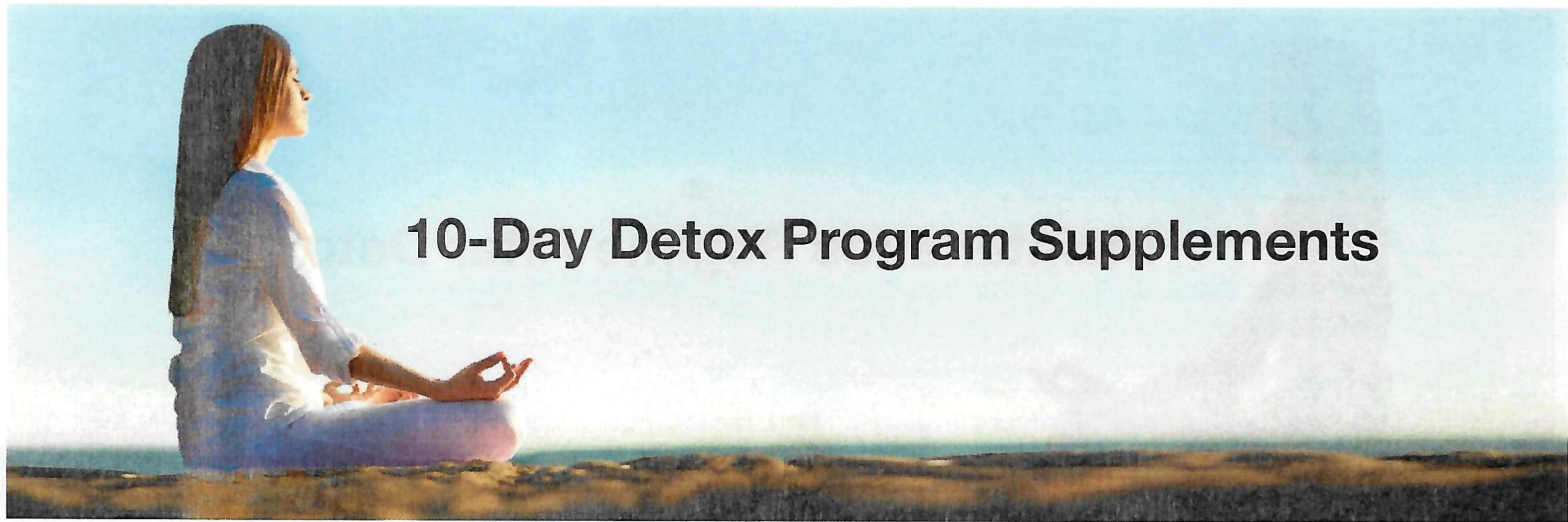

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10-Day Detox Program Supplements

Morning Supplements

- Trans-resveratrol - 500 mg
- Pterostilbene - 500 mg
- Curcumin, liposomal form - 1,000 mg
- Sulforaphane - 200 mg
- S - acetyl glutathione - 1,000 mg
- Zinc 30 mg
- Probiotic from ascended health
- 10 drops in water*
- Coconut oil and MCT oil - 1 tbsp of
each morning and afternoon
- Vitamin B12 2,500 mcg
- Vitamin C 2,000 mg

Disclaimers: Do not do this program if you are pregnant or nursing, if you have cancer or a heart condition, or any bowel disease. Consult with your doctor before starting program.

Evening Supplements

- Magnesium citrate 2 caps = 500 mg
- Alpha-Lipoid acid - 600 mg
- Herbal laxatives - as needed to keep
the bowels moving.





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Additional Healing Practices on the Road to Optimal Health

Use a steam room if you have access!!! Sweat it out!!! At least 3 days per week whenever possible. Or better yet, do some kind of hot exercise on a regular basis.

My favorite is **Bikram or Hot Yoga**.

I cannot stress enough how important mind, body, soul and spiritual exercise is to help one stay focused on priorities in life: NOT the ego mind of looking good, but rather the intent to stay healthy for self and my family for a very long time. In addition, I knock out physical health and exercise, meditation/prayer time, and a healthy sweaty detox all in one class! I credit this detox and hot yoga for changing my life in ways I never thought possible! Happy to share more, if you're interested, please ask. Bikram yoga is a lifechanging practice. **Come as my guest anytime!**

Meditation, I know, everyone struggles with this. Pick a practice and stick with it for 3 weeks. I bet you will find stillness in the midst of chaos when you need it most. There are many free meditation apps out there: Soulvana, Insight Timer, and Mind Valley to name a few. Happy to discuss options available. Please reach out if interested.

Regular Energy Treatments: As your physical body comes back into health, keep your energetic body on track to continue the healing process at all levels. Energy healing will clear the energy field of any affinities that make you susceptible to dis-ease **preventing recurrence and provide lasting change.** **It is a perfect time to engage in energy work after a detox as your field is exceptionally clear.**

Ginger Poultice: Boil fresh ginger in a pot of filtered water. Soak strips of relatively thin cloth like an old sheet or lightweight towel in the ginger water. Wring out and lay over abdomen on liver area. Lay towel over the top to hold the heat in. Re-dip the cloth every several minutes to help keep warm. Repeat as long as water stays hot but at least 10-15 minutes. Can reheat as needed.

Detox Bath: Coconut milk, mineral sea salt, baking soda, cilantro oil, geranium oil, rosemary oil, tangerine oil. See notes on recipe for number of drops to use. Always, start with less. Add all ingredients to bath water and soak for about 20 minutes until you are sweating to release toxins.

Dandelion Infusion Tea: Make tea by simmering 2 handfuls of dandelion roots and leaves for 40 minutes. Turn off and allow to sit overnight. Strain tea and drink hot with lemon and honey or as iced tea. If flavor is too strong, dilute with more water to taste. Drink 2-3 cups per day for 2-3 weeks. Dandelion is very detoxifying and good for your liver!!!


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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit
Grow A New Body Dinner Plan

<u>Day 1</u>	Los Lobos Vegetable Soup -12 oz Grilled Asparagus – ~¼ lb. 2 tbsp Walnut Tapenade w/2 celery sticks
<u>Day 2</u>	Mushroom Soup – 12 oz. Brussels Sprout Stir-Fry – 6 sprouts 2 tbsp Olive Tapenade w/ 2 celery stalks 2 tbsp Hummus w/2 celery stalks
<u>Day 3</u>	Vegetable Stir-Fry - ~ 1 ½ cups Perfect Quinoa with 1 Tbsp extra virgin olive oil – ¾ cup 2 cups Mixed Greens + ¼ avocado, 2 tbsp dressing of choice, and 1 tbsp Crunchy Salad Topper 2 tbsp Walnut Tapenade w/2 celery
<u>Day 4</u>	Anti-Aging Asparagus Soup – 12 oz. Steamed Broccoli – ½ bunch or ~ 1/3 lb. 2 tbsp Hummus w/2 celery stalks 2 tbsp Olive Tapenade w/ 2 stalks celery
<u>Day 5</u>	Fresh Vegetable Curry – 12 oz. Grilled Asparagus – ¼ lb. 2 tbsp. Walnut Tapenade w/2 celery stalks
<u>Day 6</u>	Roasted Butternut Squash Soup – 12 oz. Steamed Broccoli – ½ bunch or ~ 1/3 lb. 2 tbsp. Olive Tapenade w/2 celery stalks 2 tbsp. Walnut Tapenade w/2 celery stalks
<u>Day 7</u>	Vegetable Stir-fry – 1 ½ cups Perfect Quinoa with 1 Tbsp extra virgin olive oil ~ ¾ cup 2 tbsp. Hummus w/2 celery stalks 2 cups Mixed Greens + ¼ avocado, 2 tbsp dressing of choice, and 1 tbsp Crunchy Salad Topper
<u>Day 8</u>	Immunity Soup – 12 oz. Brussel Sprout Stir-fry - 8 sprouts 2 tbsp Walnut Tapenade w/2 celery stalks
<u>Day 9</u>	Spicy Lentils in Cabbage – 2-3 rolls. Steamed Broccoli – ½ bunch or ~ 1/3 lb. 2 tbsp Walnut Tapenade w/2 celery stalks 2 tbsp Hummus w/2 celery stalks
<u>Day 10</u>	Halibut in Basil-Mint Coconut Broth - 8 oz. Grilled Asparagus – ¼ lb. Medicinal Mushroom Sauté - ~¾ cup 2 cups Mixed Greens + ¼ avocado, 2 tbsp dressing of choice, 1 tbsp. Crunchy Salad Topper

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit
DAY 1: At-A-Glance Eating Schedule- GNB 10-Day Detox

Upon Waking (Labeled morning in pill box)	Warm Lemon Water 8-12 oz. Juice of 1 whole lemon, add fresh ginger slices, and/or green tea, if desired. This creates a slightly alkaline PH environment in your gut which is a perfect environment for your gut flora to thrive. Take glutathione. Take 1 Tbsp. S. Boulardii probiotic.
~8 AM (Labeled noon in pill box)	Green Goddess Juice approx. 10 oz each. Take your morning supplements, liquid vitamin B12- 2 dropperfuls under tongue, and probiotics. (Don't forget to dissolve probiotics in room temperature water, instructions in binder.)
~10 AM	Morning Broth up to 12 oz. After heating, add coconut and MCT oil ½-1 tbsp each. Start ½ tbsp and work up to 1 full tbsp of each by Day 3 or sooner. Can also add to smoothie or take as shot etc.
~11AM	Green Smoothie -optional, drink if hungry, 8 oz. Blend with ½ avocado and ice. Can freeze if not hungry, to use later.
~1:00 PM	A Taste of Italy Detox Salad with 2 tbsp. ABMW Herbed Salad Dressing or dressing of choice, topped with ¼ avocado, and 2 tbsp. Crunchy Salad Topper Eat mindfully and with gratitude.
~4:00 PM	Midafternoon Snack- Green's provides trail mix and a piece of fruit. If prepping your own food try nuts, seeds, fresh fruit, or Trail Mix (see recipe). Approx 4 ounces.
6:00 PM	Los Lobos Vegetable Soup – 12 oz. 2 Tbsp Walnut Tapenade w/4 celery stalks Grilled Asparagus - ~ ¼ lb. Don't forget to drizzle your ½ -1 Tbsp each of MCT and coconut oil on your veggies, in your soup, etc.
2+ hours after dinner/Bedtime	Take your evening supplements. Adjust magnesium as appropriate, 3 white capsules in night supplements.

The times are approximate. Find what works well for your family. The goal here is to practice an 18 hour fast from sugars or anything that turns into sugar in your gut, eating solid food only between 1 pm-7 pm. If you don't get dinner until 7 PM, push your schedule back an hour the next day and do all your solid food eating between 2PM -8 PM. (allows for one hour eating time). Adjust to your own schedule accordingly.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Day 2: At-A-Glance Eating Schedule – GNB 10-Day Detox

Upon Waking ~7am (example schedule) (Labeled morning in pill box)	Warm Lemon Water 8-12 oz. Squeeze 1 whole lemon, add fresh ginger slices, and/or green tea, if desired. This creates a slightly alkaline PH environment in your gut which is a perfect environment for your gut flora to thrive. Take glutathione. Take 1 Tbsp. S. Boulardii probiotic.
~8 AM (Labeled noon in pill box)	Green Goddess Juice approx. 10 oz each Take your morning supplements. (Labeled noon in pill box), liquid vitamin b12 – 2 dropperfuls under the tongue, and probiotics (Don't forget to dissolve probiotics in room temperature, instructions in binder).
~10 AM	Morning Broth up to 12 oz. After heating, add coconut and MCT oil ½-1 tbsp each. Start with ½ tbsp of each and work up to 1 Tbsp by Day 3. Can also add to smoothie, take as shot etc.
~11AM	Green Smoothie -optional, drink if hungry, 8 oz. Blend with ½ avocado and ice. Can freeze if not hungry, to use later.
~1:00 PM	Superfood Salad topped with ¼ avocado, 2 tbsp. Crunchy Salad topper, and 2 tbsp Superfood Salad Dressing or dressing of your choice. Eat mindfully and with gratitude.
~4:00 PM	Midafternoon Snack- Green's provides trail mix and a piece of fruit. If prepping your own food, try nuts, seeds, fresh fruit, or Trail Mix (see recipe in binder). Serving size ~ 4 ounces.
~6:00 PM	Mushroom Soup – 12 oz. Brussel Sprout Stir-fry – 6 sprouts 2 tbsp Olive Tapenade w/2 celery stalks 2 tbsp Hummus w/2 celery stalks Don't forget to drizzle your MCT & coconut oil on your veggies, in your soup, etc.
2+ hours after dinner/Bedtime	Take your evening supplements. Adjust magnesium as appropriate, 3 white capsules in evening supplements.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Day 3: At-A-Glance Eating Schedule – GNB 10-Day Detox

Upon Waking ~7am (example schedule) (Labeled morning in pill box)	Warm Lemon Water 8-12 oz. Squeeze 1 whole lemon, add fresh ginger slices, and/or green tea, if desired. This creates a slightly alkaline PH environment in your gut which is a perfect environment for your gut flora to thrive. Take glutathione. Take 1 Tbsp. S. Boulardii probiotic.
~8 AM (Noon in pill box)	Green Goddess Juice approx. 12 oz each Take your morning supplements. (Labeled noon in pill box), liquid vitamin B12 – 2 dropperfuls under the tongue, and probiotic (Don't forget to dissolve probiotics in room temperature water, instructions in binder).
~10 AM	Morning Broth up to 12 oz. After heating, add coconut and MCT oil ½-1 tbsp each. Start with ½ tbsp of each and work up to 1 tbsp by Day 3. Can also add to smoothie, take as shot etc.
~11AM	Green Smoothie -optional, drink if hungry, 8 oz. Blend with ½ avocado and ice. Can freeze if not hungry, to use later.
~1:00 PM	Chopped Kale Crunch Salad topped with ¼ avocado, 2 tbsp. Crunchy Salad Topper, and 2 tbsp Creamy Tahini Dressing or dressing of your choice. Eat mindfully and with gratitude.
~4:00 PM	Midafternoon Snack- Green's provides trail mix and a piece of fruit. If prepping your own food, try nuts, seeds, fresh fruit, or Trail Mix (see recipe in binder). Serving size ~ 4 ounces.
~6:00 PM	Vegetable Stir-fry - ~ 1 ½ cups Perfect Quinoa w/1tbsp extra Virgin Olive oil – up to ¾ c. 2 tbsp Olive Tapenade w/2 celery stalks <u>Optional:</u> ~2c. Mixed Greens from home salad bar + 2 tbsp dressing of choice, 2 tbsp Crunchy Salad Topper Don't forget to drizzle your MCT & coconut oil on your veggies in your soup etc.
2+ hours after dinner/Bedtime	Take your evening supplements Adjust magnesium as appropriate, 3 white capsules in evening supplements.

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Day 4: At-A-Glance Eating Schedule – GNB 10-Day Detox

Upon Waking ~7am (example schedule) (Labeled morning in pill box)	Warm Lemon Water 12 oz. Squeeze 1 whole lemon, add fresh ginger slices and/or green tea, if desired. This creates a slightly alkaline PH environment in your gut which is a perfect environment for your gut flora to thrive. Take glutathione. Take 1 Tbsp. S. Boulardii probiotic.
~8 AM (Labeled noon in pill box)	Green Goddess Juice approx. 10 oz each Take your morning supplements, liquid vitamin B12 – 2 dropperfuls under tongue, and probiotics (Don't forget to dissolve probiotics in room temperature, instructions in binder.)
~10 AM	Morning Broth up to 12 oz. After heating, add coconut and MCT oil ½-1 tbsp each. Start ½ tbsp and work up to 1 full tbsp of each by Day 3 or sooner. Can also add to smoothie or take as shot etc.
~11AM	Green Smoothie -optional, drink if hungry, 8 oz. Blend with ½ avocado and ice. Can freeze if not hungry to use later.
~1:00 PM	White Bean & Cherry Tomato Salad with 2 tbsp White Bean Salad Dressing or dressing of choice, topped with ¼ avocado and 2 tbsp Crunchy Salad Topper. Eat mindfully and with gratitude.
~4:00 PM	Midafternoon Snack- Green's provides trail mix and a piece of fruit. If prepping your own food try nuts, seeds, fresh fruit, or Trail Mix (see recipe). Serving size ~ 4 ounces.
~6:00 PM	Anti-aging Asparagus Soup – 12 oz. Steamed Broccoli ~ ½ bunch or 1/3 lb. 2 tbsp Walnut Tapenade w/2 celery stalks Don't forget to drizzle your MCT & coconut oil on your veggies in your soup etc.
2+ hours after dinner/Bedtime	Take your evening supplements Adjust magnesium as appropriate, 3 white capsules in night supplements.

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Day 5: At-A-Glance Eating Schedule – GNB 10-Day Detox

Upon Waking ~7am (example schedule) (Labeled morning in pill box)	Warm Lemon Water 12 oz. Squeeze 1 whole lemon, add fresh ginger slices and/or green tea, if desired. This creates a slightly alkaline PH environment in your gut which is a perfect environment for your gut flora to thrive. Take glutathione. Take 1 Tbsp. S. Boulardii probiotic.
~8 AM (Labeled noon in pill box)	Green Goddess Juice approx. 10 oz each Take your morning supplements, liquid vitamin B12 – 2 dropperfuls under the tongue, and probiotics. (Don't forget to dissolve probiotics in room temperature water, instructions in binder.)
~10 AM	Morning Broth up to 12 oz. After heating, add coconut and MCT oil ½-1 tbsp each. Start with ½ tbsp each and work up to 1 tbsp by Day 3. Can also add to smoothie, take as shot, etc.
~11AM	Green Smoothie -optional, drink if hungry, 8 oz. Blend with ½ avocado and ice. Can freeze if not hungry, to use later.
~1:00 PM	Dandelion Apple Goji Salad topped with ¼ avocado, 2 tbsp. Crunchy Salad Topper, and 2 tbsp Dandelion Apple Goji Salad Dressing, or dressing of choice. Eat mindfully and with gratitude.
~4:00 PM	Midafternoon Snack- Green's provides trail mix and a piece of fruit. If prepping your own food try nuts, seeds, fresh fruit, or Trail Mix (see recipe) Serving size ~ 4 ounces.
~6:00 PM	Fresh Vegetable Curry Grilled Asparagus - ~1/4 lb. 2 tbsp Walnut Tapenade w/4 celery stalks Don't forget to drizzle your MCT & coconut oil on your veggies in your soup etc.
2+ hours after dinner/Bedtime	Take your evening supplements Adjust magnesium as appropriate, 3 white capsules in evening supplements.

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Day 6: At-A-Glance Eating Schedule – GNB 10-Day Detox

Upon Waking ~ 7am (example schedule) (Labeled morning in pill box)	Warm Lemon Water 12 oz. Squeeze 1 whole lemon, add fresh ginger slices and/or green tea, if desired. This creates a slightly alkaline PH environment in your gut which is a perfect environment for your gut flora to thrive. Take glutathione. Take 1 Tbsp. S. Boulardii probiotic.
~8 AM (labeled noon in pill box)	Green Goddess Juice approx. 10 oz each Take your morning supplements. (Labeled noon in pill box), liquid vitamin B12 – 2 dropperfuls under the tongue, and probiotics. (Don't forget to dissolve probiotics in room temperature water, instructions in binder.)
~10 AM	Morning Broth up to 12 oz. After heating, add coconut and MCT oil ½-1 tbsp each. Start with ½ tbsp each and work up to 1 tbsp each by Day 3. Can also add to smoothie, take as a shot etc.
~11AM	Green Smoothie -optional, drink if hungry, 8 oz. Blend with ½ avocado and ice. Can freeze if not hungry to enjoy later.
~1:00 PM	A Taste of Italy Detox Salad topped with ¼ avocado, 2 tbsp. Crunchy Salad Topper, and 2 Tbsp with ABMW Herbed Salad Dressing or dressing of choice. Eat mindfully and with gratitude.
~4:00 PM	Midafternoon Snack- Green's provides trail mix and a piece of fruit. If prepping your own food try nuts, seeds, fresh fruit, or Trail Mix (see recipe). Serving size ~ 4 ounces.
~6:00 PM	Roasted Butternut Squash Soup – 12 oz. Steamed Broccoli – ½ bunch or ~ 1/3 lb. 2 tbsp Olive Tapenade w/2 celery stalks 2 tbsp Walnut Tapenade w/2 celery stalks Don't forget to drizzle your MCT & coconut oil on your veggies in your soup etc.
2+ hours after dinner/Bedtime	Take your evening supplements Adjust magnesium as appropriate, 3 white capsules in evening supplements.

The times are approximate. Find what works well for your family. The goal here is to practice an 18 hour fast from sugars or anything that turns into sugar in your gut, eating solid food only between 1 -7 pm. If you don't get dinner until 7 PM, push your schedule back an hour the next day and do all your solid food eating between 2PM -8 PM (allows for one hour eating time). Adjust to your own schedule accordingly.

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Day 7: At-A-Glance Eating Schedule – GNB 10-Day Detox

Upon Waking ~7am (example schedule) (Labeled morning in pill box)	Warm Lemon Water 12 oz. Use 1 whole lemon. I add fresh ginger slices. Green tea, if desired. This creates a slightly alkaline PH environment in your gut which is a perfect environment for your gut flora to thrive. Take glutathione. Take 1 Tbsp. S. Boulardii probiotic.
~8 AM (Labeled noon in pill box)	Green Goddess Juice approx. 12 oz each Take your morning supplements. (Labeled noon in pill box), liquid vitamin B12 – 2 dropperfuls under the tongue, and probiotics. (Don't forget to dissolve probiotics in room temperature water, instructions in binder.)
~10 AM	Morning Broth up to 12 oz. After heating, add coconut and MCT oil ½-1 tbsp each. Start with ½ tbsp of each and work up to 1 tbsp each by Day 3. Can also add to smoothie, take as a shot, etc.
~11AM	Green Smoothie -optional, drink if hungry, 8 oz. Blend with ½ avocado and ice. Can freeze if not hungry for later use.
~1:00 PM	Superfood Salad topped with ¼ avocado, 2 tbsp. Crunchy Salad Topper, and 2 tbsp Superfood Salad Dressing or dressing of choice. Eat mindfully and with gratitude.
~4:00 PM	Midafternoon Snack- Green's provides trail mix and a piece of fruit. If prepping your own food try nuts, seeds, fresh fruit, or Trail Mix (see recipe). Serving size ~ 4 ounces.
~6:00 PM	Vegetable Stir-fry - ~ 1 ½ c. Perfect Quinoa up to ¾ c. + w/1 tbsp extra virgin olive oil 2 tbsp Hummus w/2 celery stalks Optional: ~2 cups Mixed Greens from your home salad bar + 2 tbsp dressing of choice, 1 tbsp crunchy salad topper Don't forget to drizzle your MCT & coconut oil on your veggies in your soup etc.
2+ hours after dinner/Bedtime	Take your evening supplements Adjust magnesium as appropriate, 3 white capsules in evening supplements.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Day 8: At-A-Glance Eating Schedule – GNB 10-Day Detox

Upon Waking ~7am (example schedule) (Labeled morning in pill box)	Warm Lemon Water 12 oz. Use 1 whole lemon. I add fresh ginger slices. Green tea, if desired. This creates a slightly alkaline PH environment in your gut which is a perfect environment for your gut flora to thrive. Take glutathione. Take 1 Tbsp. S. Boulardii probiotic.
~8 AM (Labeled noon in pill box)	Green Goddess Juice approx. 10 oz each Take your morning supplements, liquid vitamin B12 – 2 dropperfuls under the tongue, and probiotics. (Don't forget to dissolve probiotics in room temperature, instructions in binder.)
~10 AM	Morning Broth up to 12 oz. After heating, add coconut and MCT oil ½-1 tbsp each. Start ½ tbsp and work up to 1 full tbsp of each by Day 3 or sooner. Can also add to smoothie or take as shot etc.
~11AM	Green Smoothie -optional, drink if hungry, 8 oz. Blend with ½ avocado and ice. Can freeze if not hungry to use later.
~1:00 PM	Chopped Kale Crunch Salad topped with ¼ avocado and 2 tbsp. Crunchy Salad Topper, and 2 tbsp Creamy Tahini Dressing or dressing Of choice. Eat mindfully and with gratitude.
~4:00 PM	Midafternoon Snack- Green's provides trail mix and a piece of fruit. If prepping your own food try nuts, seeds, fresh fruit, or Trail Mix (see recipe). Serving size ~ 4 ounces.
~6:00 PM	Immunity Soup – 12 oz. Brussel Sprout Stir-fry – 6 sprouts 2 tbsp Walnut Tapenade w/2 celery stalks Don't forget to drizzle your MCT & coconut oil on your veggies in your soup etc.
2+ hours after dinner/Bedtime	Take your evening supplements Adjust magnesium as appropriate, 3 white capsules.

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Day 9: At-A-Glance Eating Schedule – GNB 10-Day Detox

Upon Waking ~7am (example schedule) (Labeled morning in pill box)	Warm Lemon Water 10 oz. Squeeze 1 whole lemon, add fresh ginger slices and/or green tea, if desired. This creates a slightly alkaline PH environment in your gut which is a perfect environment for your gut flora to thrive. Take glutathione. Take 1 Tbsp. S. Boulardii probiotic.
~8 AM (Labeled noon in pill box)	Green Goddess Juice approx. 10 oz each Take your morning supplements, liquid vitamin B12 – 2 dropperfuls under the tongue, and probiotics. (Don't forget to dissolve probiotics in room temperature water, instructions in binder.)
~10 AM	Morning Broth up to 12 oz. After heating, add coconut and MCT oil ½-1 tbsp each. Start with ½ tbsp each and work up to 1 tbsp each by Day 3. Can also add to smoothie, take as shot, etc.
~11AM	Green Smoothie -optional, drink if hungry, 8 oz. blend with ½ avocado and ice. Can freeze if not hungry, to use later.
~1:00 PM	White Bean & Cherry Tomato Salad, with ¼ avocado, 2 tbsp White Bean Dressing or dressing of choice, and 2 tbsp Crunchy Salad Topper. Eat mindfully and with gratitude.
~4:00 PM	Midafternoon Snack- Green's provides trail mix and a piece of fruit. If prepping your own food try nuts, seeds, fresh fruit, or Trail Mix (see recipe). Serving size ~ 4 ounces.
~6:00 PM	Spicy Lentils in Cabbage 2-3 rolls Steamed Broccoli – ½ bunch or ~1/3 pound 2 tbsp Walnut Tapenade w/2 celery stalks Don't forget to drizzle your MCT & coconut oil on your veggies in your soup etc.
2+ hours after dinner/Bedtime	Take your evening supplements Adjust magnesium as appropriate, 3 white capsules in evening supplements.

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Day 10: At-A-Glance Eating Schedule – GNB 10-Day Detox

Upon Waking ~7am (example schedule) (Labeled morning in pill box)	Warm Lemon Water 12 oz. Squeeze 1 whole lemon, add fresh ginger slices, and/or green tea, if desired. This creates a slightly alkaline PH environment in your gut which is a perfect environment for your gut flora to thrive. Take glutathione. Take 1 Tbsp. S. Boulardii probiotic.
~8 AM (Labeled noon in pill box)	Green Goddess Juice approx. 10 oz each Take your morning supplements. (Labeled noon in pill box), liquid vitamin B12 – 2 dropperfuls under the tongue, and probiotics. (Don't forget to dissolve probiotics in room temperature water, instructions in binder.)
~10 AM	Morning Broth up to 12 oz. After heating, add coconut and MCT oil ½-1 tbsp each. Start with ½ tbsp of each and work up to 1 tbsp of each by Day 3. Can also add to smoothie, take as a shot, etc.
~11AM	Green Smoothie -optional, drink if hungry, 8 oz. Blend with ½ avocado and ice. Can freeze if not hungry, to use later.
~1:00 PM	Dandelion Apply Goji Salad topped with ¼ avocado, 2 tbsp. Crunchy Salad Topper, and 2 tbsp Dandelion Apple Goji Salad Dressing or dressing of choice. Eat mindfully and with gratitude.
~4:00 PM	Midafternoon Snack- Green's provides trail mix and a piece of fruit. If prepping your own food try nuts, seeds, fresh fruit, or Trail Mix (see recipe). Serving size ~ 4 ounces.
~6:00 PM	~2c. Mixed Greens from home salad bar + 2 tbsp dressing, 1 tbsp Crunchy Salad Topper Halibut in Basil-Mint Coconut Broth– 8 oz. Medicinal Mushroom Sauté – ¾ cup Don't forget to drizzle your MCT & coconut oil on your veggies in your soup etc.
2+ hours after dinner/Bedtime	Take your evening supplements Adjust magnesium as appropriate, 3 white capsules in evening supplements.

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